



ST PETER'S
C.E. Primary School



The Keys Newsletter

17th September 2021

Message from Mr. Robinson

Dear Parent/Carers

It has been another lovely week at St Peter's with lots of activities and new learning taking place all the time. It has been really pleasing to see our new Reception children start to really establish themselves in the everyday life of school. One of the first things we look to do is to ensure the children start to become more independent very early on. Already they are fetching items from their bags, serving themselves at lunchtime and making brave decisions that they wouldn't have the opportunity to take at home or if they went to nursery. Of course, this can be fraught with danger! The left behind coat, lost jumper and half eaten snack is all part of this steep learning curve.

A reminder that as always, our school website shows you everything that your child is learning in their class this term with an array of links to help you. If you want to do just that little bit more with your child, take a look on the 'class pages' tab. If you want to know more about the whole school curriculum, such as history, science and art, then we have a 'curriculum' tab in 'Key Information' to guide you through what we do across the school.

The sport has started and is very popular at the moment with the weather being particularly kind; we will start to expand the variety of clubs very soon. Hopefully you will have read my letter about the parent council and if you want to go into the hat to be part of it, please email in. We will have the first meeting in 2-3 weeks.

Finally, I am pleased to inform you that we are now a 'National Online Safety' accredited school which means we provide a high standard of education for safety online, regular professional development for teachers and provide parent/carers with regular updates about e-safety. You will see regular information on keeping safe online in this newsletter and on our Facebook page.

Let's hope this lovely weather continues and have a great weekend.

Kind regards
Mr Robinson

P.E. Kits

Please ensure that from September the **SCHOOL PE** kit is worn in school.

Indoor Kit

- Black short
- Plain white t-shirt
- Socks & black pumps

Outdoor kit

- Navy blue joggers
- White t-shirt
- Navy blue hoodie
- Socks & trainers

You do not need to have a school badged hoodie.

We still have a small stock of school hoodies in school in limited sizes at £9. These can be purchased through School Money and sent home.

Alternatively you can purchase one through Touchline

<https://www.touchline-embroidery.com>
01925 413777

New Reception Tours

We will be holding tours of school for those children who are due to start Reception in September 2022.

All of these tours will take place out of school hours.

Please telephone 01744 678630 or

Email stpeter@sthelens.org.uk to book a place

1. Wednesday 3rd Nov 4.30pm
2. Monday 8th Nov 4.30pm
3. Wednesday 1st Dec 4.30pm.

Please note there is a limited number allowed on each tour so booking is advisable.

Thank you

P.T.A NEWS

PTA AGM

The PTA would like to invite everyone to the Annual General Meeting on Monday 4th October at 7.30pm.

The meeting will be held online and a link will be issued in due course.

The meeting is a chance to see what the PTA have been up to for the last 12 months and to input into the planning for the coming year.

All our welcome.

Testing

Can we please ask if your child is unwell with Covid symptoms, high temp, cough, loss of taste/smell you arrange for a PCR test. If your child is unwell but does not have the recognised symptoms of Covid please consider doing a Lateral Flow Test. Many thanks for your assistance in this matter.

Parking

Can we please ask that you are considerate when parking around school during drop off and collection times. This week we have had complaints of parents parking on the zig zags and in the loading bay. The safety of our children is very important and these measures are around school for a reason.

The loading bay is for kitchen deliveries which can arrive throughout the day. We have had occasions when the bay is full the delivery van has driven off leaving the kitchen short of supplies.

Thank you for your attention to this matter.



Could you be a Parent Governor?

Ask yourself the following questions:

Do you want to give something back to St Peter's School?

Are you prepared to work as part of a team?

Do you have time to spend a couple of hours a month to go to meetings and read documents and reports?

Are you open to new ideas and ready to learn?

Do you want all our children to get the best from school?

If the answer is yes to any of these and you have enthusiasm and commitment, then you could be our next parent governor!

Want a friendly, confidential chat about what the role involves?

Please contact Sharon, Chair of Governors
gov.sharon.brammeier@sthelens.org.uk To arrange a time

The nomination forms and further details can be obtained from the school office or downloaded from the web-site

You don't need any special qualifications or expertise, just a commitment to engaging in your own development, to learn about the role and our school!

A willingness to undertake governor training is essential

The governing board would particularly welcome nominations from parents with expertise in Buildings, Health & Safety and HR



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Closing date:
12 pm on
Friday 24th
Sept 2021

Further information will be emailed out today and will be on the school web-site.

Mersey Care NHS Foundation Trust
St Helens Immunisation Team
Parr Childrens Centre
Ashtons Green Drive
St Helens WA9 2AP
01744 624353



To all parents/carers of children in reception to year 11,
Could you please complete your child's electronic flu consent form via this link ASAP

<https://forms.merseycare.nhs.uk/flu-vaccination>

If you have any difficulties accessing the link please contact the corresponding immunisation team who will be happy to help, (see details above).
Remember flu is a really unpleasant illness and having your child vaccinated with a quick, painless nasal spray is the best way to protect them, your family and friends.

We understand that some people may not want to take up this offer and we ask that you still complete the form and choose that you don't want your child to receive it to avoid our service contacting you.

If your child is in a different year group for their age please add the year group according to their DOB to ensure you can progress with completing the form.

Many Thanks,
School based immunisation services



Part of our Gaming & Gambling series



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What you need to know about...

GAMING DISORDER



What is it?

'Gaming Disorder'

In 2018, the World Health Organisation included gaming disorder as part of its International Classification of Diseases. Those with the disorder are categorised as having impaired control over gaming, increased priority given to gaming over other activities, and continuing to game despite the occurrence of negative consequences. Naturally, a gaming disorder can affect a person of any age, with children as much at risk as any body of developing symptoms if left unchecked. While some or all of the symptoms may appear, they must be consistently prevalent for a period of at least 12 months to be considered an Internet Gaming Disorder or IGD, but that time may be decreased if symptoms are severe.

Know the Risks

Impact mental health

Becoming addicted to video games at a young age can have a serious impact on social and mental wellbeing. Video games use a lot of techniques to make them more appealing to the subconscious. Bright lights, pleasing sounds and rewarding repetitive gameplay trigger feel-good chemicals that can be hard to walk away from.

Lead to injuries

Excessive gaming (especially using a mouse and keyboard at a desk) can cause problematic physical injuries. Back pain, eye strain and carpal tunnel syndrome can all manifest during lengthy gaming sessions.

Increase isolation

Playing video games can be quite an isolating experience. The need to play them can often outweigh the need to do other daily tasks like exercising, socialising with friends or even eating, to the point where little or no enjoyment is gained from doing anything but gaming.

Induce stress

Stress can be extremely damaging to adults and children. It is a known contributing factor to heart disease, high blood pressure, diabetes, and mental health conditions. Too much time playing high-octane video games can leave untold stress on the body as well as on developing young minds.

Spot the Signs

Excessive play

Children might be dedicating an excessive amount of free time to playing games or disrupting sleep patterns or social interactions in order to get on a game here and there. A few extra hours a week is normal, but if it becomes a regular, daily pursuit, it could be a problem.

Social disinterest

Spending time with family and friends or engaging in other activities and hobbies will fall by the wayside with gaming disorder. Life and fun seem to begin to orbit around playing video games, where the same enjoyment just can't be found in other pursuits or social activities.

Mood changes

Getting angry or defensive when asked to stop gaming or becoming irritable when not playing are both warning signs of a gaming disorder. There's a difference between being upset when losing (which is quite normal) and being angry to the point of physical aggression.

Gambling problems

Online gambling may become a problem with young ones or teenagers who might have access to their own money. Many games contain features called loot boxes or microtransaction that have been likened to gambling. Because they can be so addictive, children could be pouring huge amounts of money into games without even realising, or they may be too ashamed to admit it.

Action and Support

Talk to other parents

It can be difficult to gauge just how much gaming time is too much. To understand what is normal, talk to other parents about their children's gaming habits. This should give a more robust idea of what is healthy and what might be cause for concern.

Encourage other activities

It is important for you to encourage other activities. Engaging in real life sports or social activities and clubs, are excellent ways for kids to spend time with their friends and peers away from video games. Learning instruments or new languages are also a great long-term project.

Establish routines

An established routine can encourage regularity and moderation. If you think a child might be gaming too much, allow an hour or two in the evening when their friends are online and once everything else like meals, homework and housework have already been done. Try to set coziest up in family rooms and keep mobile phones and tablets out of bedrooms at night.

Seek support

If you need to get help for your child, there may be specialist organisations or clinics who can help to treat gaming disorder and provide the necessary advice and support. However, this should only be considered as a last resort in cases of long term and persistent problems.

Our Expert

Mark Foster



Mark Foster has worked in the gaming industry for 5 years as a writer, editor and presenter. He is the current gaming editor of two of the biggest gaming news sites in the world, UNILAD Gaming and GAMINGbible. Starting gaming from a young age with his siblings, he has a passion for understanding how games and tech work, but more importantly, how to make them safe and fun.

Office news

Dinner Money

If your child wishes to change their lunch preference please advise the office via email giving **a week's notice**. Payment is taken through the School Money Online Payment System.

Uniform

Uniform can be ordered direct from Touchline UK
Liverpool Rd, Warrington, WA5 1AE, 01925 413777
sales@touchline-embroidery.com

We also have a small number of items on the School Money site under SHOP which you can pay for then contact school to arrange for them to be sent home with your child.

Absence

When reporting on the absence line, can we politely request that you leave a brief description of your child's illness rather than just saying they are unwell. If your child has vomiting or diarrhoea please note that they should not return to school for a period of 48 hours after the last incident. This is a local authority policy

Applications for Holiday Leave must be submitted to school at **least 4 weeks** in advance. Forms can be found on the school website or requested from the school office. In accordance with Government and Local Authority policy, holidays taken during term time will only be authorised in **exceptional circumstances**.

Changes

It is very important that if you change contact numbers, emails or addresses that you advise us as soon as possible. Any changes must be sent into school via email.

Thank you



Contact Details

St Peter's C.E. Primary School
Birley Street

Newton-le-Willows

WA12 9UR

01744 678630

stpeter@sthelens.org.uk

<https://twitter.com/NLWStPeters>

www.st-peters.st-helens.sch.uk

Covid-19

Can we please stress if you or a member of your household show any symptoms of Covid-19 **you must remain at home and get a test.**

<https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/or> by phoning 111

If you or your children have any symptoms you MUST take a PCR test not a Lateral Flow Test

To arrange a test call 119 or go to the website <https://www.nhs.uk/ask-for-a-coronavirus-test>

Further information is available on <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>